Improve your mental wellbeing by prioritising and scheduling a sufficient amount of nourishing activities in your life. We recommend diarising at least two acts of self-care per week. Tick the activities you’re interested in trying out below.

- 1. Go for a long walk while listening to music, a podcast or an audiobook
- 2. Visit a friend
- 3. Go to a new café or restaurant
- 4. Visit a museum
- 5. Browse local charity shops
- 6. Get a book out from your local library
- 7. Go to the gym
- 8. Go jogging outdoors
- 9. Go to a stand-up comedy night
- 10. Go to a local farmer’s market
- 11. Go to a local meditation group
- 12. Attend an evening course
- 13. Go hiking
- 14. Walk around a nature reserve
- 15. Go to a Meetup event
- 16. Get a massage
- 17. Join a local book club
- 18. Find a local volunteering opportunity
- 19. Go to a yoga or pilates class
- 20. Check out a nearby town
- 21. Go to an outdoor food market
- 22. Organise a group dinner
- 23. Go to a Taekwondo class
- 24. Visit a new country
- 25. Play table tennis
- 26. Buy yourself flowers
- 27. Go to see a film by yourself
- 28. Go to an ice-skating class
- 29. If you use public transport, get off earlier and walk the rest of the way
- 30. Go camping
- 31. Visit a lavender field
- 32. Go to a support meeting
- 33. Go on a walking holiday
- 34. Sit in a good people watching spot and watch the world go by
- 35. Go for afternoon tea
- 36. Join a local board games night
- 37. Play an Escape Game
- 38. Try a dance class
- 39. Go swimming
- 40. Go to a spa
- 41. Go to a cooking class
42. Go to a free public lecture
43. Do some gardening
44. Go rock climbing or bouldering
45. Take a pottery class
46. Go clothes shopping
47. Go on a street art tour
48. Have a personal training session at the gym
49. Go for a facial
50. Take some photographs
51. Go to see some live jazz
52. Try a Karate class
53. Go on a weekend trip
54. Visit a botanic garden
55. Go to a sauna
56. Go to an outdoor exercise class or gym
57. Dine at an alfresco restaurant
58. Go on a scenic drive
59. Join a local choir
60. Read a book in the park
61. Go on a mindfulness retreat
62. Go to an exhibition
63. Go to an art class
64. Give blood
65. Go to an outdoor cinema
66. Ride an adult scooter
67. Go to an open mic night
68. Attend a public speaking course
69. Watch the sunrise or sunset
70. Visit a tourist destination in your own city
71. Go bowling
72. Organise an outdoor BBQ
73. Go on a cruise
74. Stargaze at night
75. Go fruit picking
76. Go for a walk by a river
77. Visit a castle
78. Go wine tasting
79. Visit one of the Seven Wonders of the World
80. Go to an open house event
81. Do a Parkrun
82. Go ziplining
83. Go to a Krav Maga self-defence class
84. Go on a bus tour
85. Start weightlifting
86. Watch a sports game in a pub or bar
87. Go nightclubbing
88. Join a local sports team
“Caring for myself is not self-indulgence, it is self-preservation.”

– Audre Lorde
89. Take a photography class
90. Go on a safari
91. Play the Geocaching app - an outdoor treasure hunting game
92. Visit an elephant sanctuary
93. Go to a roller disco
94. Rent an Airbnb in the countryside
95. Go white water rafting
96. Offer to pet sit for someone
97. Go to a café and read a free local newspaper
98. Go on a road trip
99. Join the board of a community group
100. Go to the park and feed the ducks
101. Go horse-riding
102. Go rowing or canoeing
103. Go birdwatching
104. Browse around a gardening centre
105. Get an allotment
106. Go mountain biking
107. Go to a Feldenkrais class
108. Play golf or minigolf
109. Go to a local garage sale
110. Go on a guided tour
111. See which activities your local community centre offers
112. Play badminton
113. Visit a waterfall
114. Go for an ice-cream
115. Have a picnic in the park
116. Go to a regular language exchange event
117. Go to the beach
118. Try a Tai Chi class
119. Go on a bike ride
120. Go foraging
121. Visit an observatory
122. Play pool or snooker
123. Attend an improv class
124. Play tennis at the park
125. Go to a live music event
126. Go to a boxing class
127. Browse a health food shop
128. Attend a religious service
129. Go skiing or snowboarding
130. Go paintballing
131. Do a Brazilian jiu-jitsu class
132. Go on a yoga retreat
133. Go scuba diving or snorkelling
134. Go for a manicure or pedicure
135. See a play or musical at the theatre
My List Of Outdoor Activities To Try

☐ 136. Play Frisbee in the park
☐ 137. Go to a floatation centre
☐ 138. Go to a pub quiz
☐ 139. Go power walking
☐ 140. Go for a Sunday roast
☐ 141. Go sailing
☐ 142. Go to a spinning class
☐ 143. Visit a temple
☐ 144. Organise a work social event
☐ 145. Go to an indoor trampoline park
☐ 146. Play football in the park
☐ 147. Go to an art gallery
☐ 148. Go to a karaoke night
☐ 149. Go to a theme park
☐ 150. Hire a pedalo in a park
☐ 151. Go to a cocktail bar
☐ 152. Try go-karting
☐ 153. Sketch or draw outdoors
☐ 154. Go rollerblading in the park
☐ 155. Donate to a local food bank
☐ 156. Go to a qi gong class
☐ 157. Visit an aquarium or zoo